



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #17

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Peanut Butter Toast	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole FV, 2x fresh	Strawberries- frozen, unsweetened	Banana- fresh	Oranges- fresh	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Wheat Bagels (WG)	Oatmeal (WG)	Cinnamon Rolls (sweet)	Whole Wheat Toast (WG)	Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate	Vanilla Yogurt			Peanut Butter	
LUNCH	Chicken Nuggets (CN)	Turkey Tacos	Grilled Cheese Sandwich	Macaroni and Cheese with Ham (HM)	Three-Bean Turkey Chili (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Cooked Carrots- canned	Corn- canned	Mixed Vegetables- canned	Spinach- frozen	Beans- canned
3x fresh	Apples- fresh	Green Bell Peppers- fresh	Pears- fresh	Applesauce- unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Whole Grain Corn Taco Shells (WG)	Whole Wheat Bread (WG)	Whole Wheat Elbows (WG)	Cornbread
Meat or Meat Alternate 1x highly processed	Chicken Nuggets (CN)	Ground Turkey	Cheese	Ham, Cheese	Ground Turkey
Other Foods	Butter	Ranch Dressing			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		Skim Milk		Skim Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% White Grape Raspberry Juice	Baby Carrots- fresh		Banana- fresh	100% Apple Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Grain Bite-Size Rice Cakes (WG)		Graham Crackers		Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate 1x Meat/Meat Alternate			Strawberry Yogurt		
Other Foods		Ranch Dressing			

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

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CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Cheese Toast		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole F/V, 1x fresh	Pears- fresh	Peaches- frozen, unsweetened	Blueberries- frozen, unsweetened	Mandarin Oranges- canned, unsweetened	Raspberries- frozen, unsweetened
Grains/Bread Component 2x Whole Grain	Waffles	Corn Flakes cereal	Whole Wheat Toast (WG)	Whole Wheat English Muffin (WG)	Rice Krispies cereal
Other Foods 2x Meat/MA, 1x sweet	Reduced Sugar Syrup (sweet)		Sliced American Cheese	Hard Boiled Eggs	
LUNCH	Chicken Enchiladas (HM)	Breaded Fish Fillets (CN)	Chicken Alfredo	Chicken Salad Sandwich (HM)	Taco Macaroni and Cheese (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Peas- canned	Cole Slaw- fresh	Peas- frozen	Green Beans- canned	Green Bell Peppers- fresh
3x fresh	Blueberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	Banana- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Tortilla	Breading (CN)	Whole Wheat Fettuccini (WG)	Whole Wheat Bread (WG)	Whole Wheat Elbows (WG)
Meat or Meat Alternate 1x highly processed	Chicken	Breaded Fish Fillet (CN)	Chicken	Chicken	Ground Turkey
Other Foods			Alfredo Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Skim Milk		Skim Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Broccoli, Cauliflower- fresh			Strawberries- frozen, unsweetened	100% Apple Juice
Grains/Bread Component 2x Whole Grain, 1x sweet		Triscuits (WG)	Granola Bars (WG) (sweet)		Animal Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		String Cheese		Vanilla Yogurt	
Other Foods	Ranch Dressing				

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cinnamon Biscuits			Cinnamon Oatmeal	Parfait
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole F/V, 2x fresh	Raspberries- frozen, unsweetened	Peaches- frozen, unsweetened	Banana- fresh	Apples- fresh	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Biscuits	Whole Wheat Toast (WG)	Corn Chex cereal	Oatmeal (WG)	Granola (WG) (sweet)
Other Foods 2x Meat/Meat Alternate	Cinnamon	Scrambled Eggs		Cinnamon	Strawberry Yogurt
LUNCH	Turkey and Cheese Sandwich	Chicken Teriyaki Stir-Fry	Hamburger	Spaghetti with Meat Sauce	Chicken Noodle Soup (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Zucchini- fresh	Black-Eyes Peas- canned	French Fries- frozen	Tossed Salad- fresh	Cucumbers- fresh
	Applesauce- unsweetened	Pears- fresh	Fruit Cocktail- canned, unsweetened	Blueberries- frozen, unsweetened	Mixed Berries- frozen, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Brown Rice (WG)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Spaghetti (WG)	Egg Noodles
Meat or Meat Alternate 0x highly processed	Turkey, Cheese	Chicken	Ground Beef	Ground Turkey	Chicken
Other Foods		Teriyaki Sauce		Ranch Dressing	Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		Skim Milk			Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Grape Juice	Oranges- fresh	100% Apple Juice	Peaches- canned, unsweetened	
Grains/Bread Component 1x Whole Grain, 1x sweet	Wheat Thins (WG)		Lemon Poppy Seed Muffins (sweet)		Chex Mix
Meat or Meat Alternate 1x Meat/Meat Alternate				Cottage Cheese	
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Strawberry Pancakes	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole F/V, 3x fresh	Banana- fresh	Pineapple- canned, unsweetened	Oranges- fresh	Strawberries- frozen, unsweetened	Apples- fresh
Grains/Bread Component 2x Whole Grain	Rice Krispies cereal	Whole Wheat Bagels (WG)	Biscuits	Pancakes	Whole Wheat Toast (WG)
Other Foods 2x Meat/MA, 1x sweet		Cottage Cheese	Peanut Butter	Reduced Sugar Syrup (sweet)	
LUNCH	Turkey Pepperoni Pizza (CN)	Chicken and Noodles	Hot Dog	Bean and Cheese Burrito (HM)	BBQ Beef (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Three-Bean Salad- canned	Spinach Salad- fresh	Asparagus- fresh	Peas and Carrots- frozen	Cooked Carrots- canned
	Peaches- frozen, unsweetened	Applesauce- unsweetened	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Pears- fresh
Grains/Bread Component 2x Whole Grain	Pizza Crust (CN)	Egg Noodles	Whole Wheat Hot Dog Bun (WG)	Tortilla	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 2x highly processed	Turkey Pepperoni Pizza (CN)	Chicken	Hot Dog	Bean, Cheese	Beef
Other Foods		Raspberry Vinaigrette			BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		Skim Milk	Skim Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% Grape Juice	Mandarin Oranges- canned, unsweetened		100% Apple Juice	Celery- fresh
Grains/Bread Component 1x Whole Grain, 0x sweet	Pretzels		Cinnamon Bread	Wheat Thins (WG)	
Meat or Meat Alternate 1x Meat/Meat Alternate					American Cheese Slice
Other Foods					

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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg and Cheese Burrito	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole F/V, 2x fresh	Mandarin Oranges- canned, unsweetened	Apples- fresh	Banana- fresh	Applesauce- unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Banana Muffins (sweet)	Rice Chex cereal	Whole Wheat Bagels (WG)	Tortilla	Oatmeal (WG)
Other Foods 2x Meat/Meat Alternate			Strawberry Yogurt	Egg, Cheese	
LUNCH	Chicken and Cheese Quesadilla	Turkey Meatloaf (HM)	Tuna Salad Sandwich (HM)	Chicken and Broccoli Casserole	Vegetable Beef Stew
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Red Bell Peppers- fresh	Yellow Squash- fresh	Tater Tots- frozen	Cucumbers- fresh	Mixed Vegetables- canned
	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Mixed Berries- frozen, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Tortilla	Oats (In Meatloaf) (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)	Biscuits
Meat or Meat Alternate 0x highly processed	Chicken, Cheese	Ground Turkey	Tuna	Chicken	Beef
Other Foods				Ranch Dressing	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk			Skim Milk	Skim Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	100% White Grape Raspberry Juice	Peaches- canned, unsweetened		Cherry Tomatoes- fresh	100% Apple Juice
Grains/Bread Component 1x Whole Grain, 1x sweet	Triscuits (WG)		Blueberry Muffins (sweet)		
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese			Vanilla Yogurt
Other Foods				Ranch Dressing	

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WEEK OF Week 6

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Ham Biscuits			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole F/V, 4x fresh	Banana- fresh	Apples- fresh	Raspberries- frozen, unsweetened	Oranges- fresh	Pears- fresh
Grains/Bread Component 3x Whole Grain	Cheerios cereal (WG)	Biscuits	Whole Wheat Toast (WG)	Waffles	Whole Wheat English Muffin (WG)
Other Foods 2x Meat/MA, 1x sweet		Ham	Hard Boiled Egg	Reduced Sugar Syrup (sweet)	
LUNCH	Corn Dogs (CN)	Meat and Cheese Lasagna (HM)	Chicken Strips (CN)	Turkey Sloppy Joes (HM)	Chicken and Noodle Casserole
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Baby Carrots- fresh	Tossed Salad- fresh	Mashed Potatoes- dried	Sweet Potatoes- fresh	Spinach- frozen
	Pears- fresh	Strawberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened	Banana- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Breading (CN)	Lasagna Noodles	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)	Egg Noodles
Meat or Meat Alternate 2x highly processed	Corn Dog (CN)	Ground Beef, Cheese	Chicken Strips (CN)	Ground Turkey	Chicken
Other Foods	Ranch Dressing	Ranch Dressing	Butter; White Gravy	Sloppy Joe Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Peaches- canned, unsweetened	100% White Grape Juice	Broccoli- fresh	100% Apple Juice	
Grains/Bread Component 1x Whole Grain, 1x sweet	Whole Wheat Mini Bagels (WG)	Pretzels		Chex Mix	Chocolate Chip Cookies (sweet)
Meat or Meat Alternate 1x Meat/Meat Alternate			Colby Jack Cheese Slices		
Other Foods	Cream Cheese		Ranch Dressing		

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